



# *Tucson Community Supported Agriculture*

Newsletter 576 ~ February 20, 2017 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter 2016-17

### Harvest list is online

#### THE BACK PAGE

Stir Fried Pak (Bok) Choi  
Roasted Cauliflower & Cheese  
Dip  
Radish and Yogurt Spread  
Radish Top Soup  
Creamed Mustardy Mustard  
Greens

#### Many more recipes on our website

#### Pork Shares Ready

Josh's pasture raised pork shares are in and ready for pickup. You're in for a treat: this is the best pork you can get!

Most packs include ground meat, Italian sausage, pork chops, a shoulder or loin roast and a miscellaneous cut (such as pork belly, spare ribs, baby back ribs or neck bones).

The two hogs we got from Josh were quite big this time so we were able to make a few extra, less typical shares with fewer different cuts but with extra ground meats instead. Look for those in share numbers 25 to 30.

#### Want To Be Sure To Get Your Barrio Bread?

Subscribe to a bread share! You can add or remove your bread share whenever you want to suit your needs.

That way you are not subject to irregular availability of extra breads. And when extra bread is available and you want some, you can always trade up your bread share.

Just remember to add/remove your bread share by midnight Friday of the week prior.

## A Week At My Table, by Sara Jones

Tatsoi, bok choy, joi choi and other small chois and choys are some of my favorite greens and I love them best in tacos. For a quick lunch I briefly sautéed garlic and chopped greens (including the succulent stems!) then added a pinch of salt and hot sauce to taste. Wrapped in warm, lightly charred corn tortillas and topped with crumbled feta cheese they were delicious!



That was a huge head of broccoli in our shares last week! I found that the thick stems needed to be peeled, but then they were tender and juicy. I sprinkled the peeled, sliced stems with salt and a bit of vinegar and nibbled on them as I cooked dinner. To use up all my broccoli I put it in just about everything I made last week, including a creamy soup, a minestrone soup, pasta and stir fry. As a side dish one night I steamed

the broccoli florets for about 3 minutes, drained it then seared in a hot skillet with some olive oil and garlic powder. Super easy and cooked just right.

I was still working on a big head of cabbage and made a huge bowl of traditional coleslaw (mayonnaise, apple cider vinegar, a bit of sugar and salt and pepper). I added some julienned carrots, radishes and broccoli stems to make it more interesting. We ate the coleslaw for a few days and found that the texture improved after a day in the fridge. It was a great side dish for a roast chicken so I was inspired to use it on top of some tacos made with the leftovers. I simmered leftover chicken in Korean gochujang paste (thinned with a bit of chicken broth) spiked with cumin and garlic. The combo of the cold, creamy coleslaw with spicy chicken was perfect.

When I get home from the CSA in the evenings I am really hungry from hard work and so much talk about food! I often make fried rice or a quick pasta on those nights. Pasta is great because working quickly, I can usually have everything ready by the time the noodles are al dente. Last week I made a version of Carbonara with a medley of veggies. (This dish is great with winter veggies like turnips, radishes and greens). After I got the pasta water set to boil, I sautéed a small amount of finely chopped Spanish chorizo (cured meat is optional but adds great flavor). Once some of the fat was released I added a glug of olive oil and some chopped onions. Then I added some peeled broccoli stems and cauliflower florets to get a nice sear on the veggies while I cleaned and chopped radishes and kale. Those veggies went in to the skillet about 2 minutes before the pasta was ready along with about 1/3 cup of pasta water to cook the veggies through. While that was finishing up I stirred together a couple of eggs with a 1/4 cup of plain yogurt (you can use cream or sour cream, too) seasoned with lots of freshly grated pepper. I added an additional splash of the pasta water to the veggies before I drained the noodles, then added both the pasta and the egg mixture to the skillet, turning off the heat and stirring well to let everything gently cook for a minute or two until creamy. Since I was using I'toi onions I saved some of the green parts, chopped, to sprinkle on top.

### **Stir Fried Pak (Bok) Choi**

Lorraine Glazar, Tucson CSA

1 and ½ teaspoon oil (canola or peanut)  
Few drops toasted sesame oil  
1 quarter-sized piece fresh ginger, cut into julienne sticks  
1 clove fresh garlic peeled and cut into thin slices or julienne sticks  
1 bunch or bag Pak Choi leaves, or Pak Choi on the stem base, cut lengthwise into four to six pieces each  
1/2 teaspoon rice wine vinegar  
Drizzle of tamari or soy sauce, to taste

Heat oils over medium heat in a 10 inch frying pan or wok until it is very hot, about 2-3 minutes. Put in ginger, garlic and Pak Choi and stir vigorously with a wooden spoon or paddle to circulate the greens. When the greens are cooked through but the stalks are still crispy, add the rice wine vinegar and the tamari or soy sauce. Cook for one more minute and serve.

### **Roasted Cauliflower & Cheese Dip**

Philippe Waterinckx, Tucson CSA

1 cauliflower (or ½ huge cauliflower)  
1/4 cup fresh goat cheese  
1/4 cup cream cheese  
1/4 cup feta  
1/4 cup grated Parmesan  
1/2 to 1 cup milk or buttermilk  
2 cloves garlic, finely minced  
Olive oil  
Salt and pepper to taste

Heat oven to 350F. Place an oven dish with 1 inch water in it on the bottom rack. Cut off the stem and remove leaves of the cauliflower. Rub some olive oil, salt and pepper on the cauliflower. Place in another oven dish, flat side down. Roast on middle rack for 1 hour or until browned.

Dip: mix remaining ingredients and beat it with an egg beater or whisk until smooth. Add extra milk if necessary to obtain creamy semi-liquid consistency.

### **Radish and Yogurt Spread**

Philippe, Tucson CSA

More than the sum of its parts, this is a favorite among CSA volunteers. It is perfect served on Barrio bread slices, but you can use it as a dip for other veggies or chips, too.

1 bunch radishes, grated or cut in thin slices  
1 cup Greek yogurt  
A few stalks of green onions, 1 Itoi onions or chives, chopped  
Salt and pepper  
Sliced bread

Mix radishes and yogurt and a generous dose of salt and pepper. Spread on bread slices. Garnish with green onions.

### **Radish Top Soup**

Philippe, Tucson CSA

This earthy soup made from radish greens and roots should persuade you to keep your throwaways. And it is equally good with other root vegetables! It's also a great way to use up lots of greens. And it is truly delicious in an earthy, food for the soul kind of way!

Fresh greens from 2 bunches of radishes, or from 1 bunch of turnips, daikon radishes or rutabagas. Washed and roughly chopped.

Roots (bulbs) from those radishes (or turnips, etc.)

1 medium onion, chopped  
2-3 stalks green garlic, finely chopped, or 2 cloves garlic, minced  
2 potatoes, diced  
1 tablespoon oil  
4-6 cups vegetable or chicken broth  
Salt and pepper

Heat oil in large pot over moderate heat. Add all vegetables. Toss until leaves are wilted. Add heated broth. Simmer, covered, over low heat until potatoes are soft (about 20 minutes.) Blend with an immersion blender or with a food processor until smooth. Return to pot and stir in more broth for desired consistency. Season with salt and pepper.

### **Creamed Mustardy Mustard Greens**

Sara Jones, Tucson CSA

Why not highlight the mustardy flavor of mustard greens by combining them with some spicy Dijon mustard? Use can also use turnip greens, rapini or other spicy greens.

1-2 large bunches mustard greens (substitute other greens if needed)  
2 teaspoons butter or olive oil  
3 stalks green garlic or 1 clove garlic, minced  
¼ onion, diced  
2 teaspoons Dijon mustard  
Good splash (2-3 tablespoons) cream  
1 teaspoon red wine vinegar  
Salt and pepper to taste

Bring well salted water to a boil in a large pot, add mustard greens and return to a boil. Cook about one minute and remove greens. Drain. Heat oil in a large skillet over medium high heat. Add onions and garlic and cook until beginning to brown. Squeeze excess moisture from greens and chop into small pieces. Add mustard greens to skillet and continue to cook while you combine mustard and cream. Pour cream mixture over greens, turn heat to low and stir well to completely coat all greens. Add more cream if necessary. Remove from heat and add a dash of vinegar and some salt and pepper to taste.